



13. Untertage-Sparkassen-Marathon
Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Berghöfer, Ralf

Total time: 2:02:48

Number: 34

Speed: 10.26 km/h

Running performance: 5:45 min/km

Course: 21.34 km

Rank in course/Total: 39 (of 201)

Halbmarathon

Rank in course/Men: 34 (of 167)

Best time in course: 1:32:52

Category:

Rank in category: 1(of 13)

Senioren M55 (55-59 Jahre)

Best time in the category: 2:02:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	3.47	20:19	5:51	2	0:33	67	5:59	3.47	20:19	5:51	1	-	36		
Runde	3.47	20:58	6:02	1	-	53	6:09	6.94	41:17	5:56	1	-	35	11:39	
Runde	3.47	20:36	5:56	1	-	36	6:56	10.41	1:01:53	5:56	1	-	35	16:42	
Runde	3.47	20:09	5:48	1	-	26	4:22	13.88	1:22:02	5:54	1	-	34	21:04	
Runde	3.47	21:05	6:04	1	-	29	5:04	17.35	1:43:07	5:56	1	-	33	26:08	
Runde	3.97	19:41	4:57	1	-	16	19:05	21.34	2:02:48	5:45	1	-	35	1:15:21	